



Name: Kathy Neubauer
Agency: Corrections

Small Change – Big Results!

In the spring of 2011, I decided to be proactive about my health and enter the Biggest Loser Contest sponsored by our Wellness Committee at TSCI. I had entered into this specific contest before, but had not been successful with my results. Around that same time, I read an article that stated “carrying around extra weight in your middle could be a sign of early death in women”. This prompted me to take my health more seriously, not only for me, but for my family as well. It scared me to think about not being around for my grandchildren.

Often times, I found myself coming home after a day at work and all I wanted to do was snack. Instead of heading to the pantry or refrigerator for something to eat, I decided to grab a pair of tennis shoes. I would go for a walk long enough to take my mind off food. By the time I returned home, the urge to snack had passed. Making this change, I lost 18 pounds and placed third in the contest at work. My success continued to grow as I lost another 23 pounds AFTER the contest was finished, for a total of 41 pounds!

My lifestyle habit of walking has enabled me to keep off the weight I lost three years ago, despite breaking my heel and ankle in the fall of 2013. I was unable to walk for almost four months. The recovery time made it hard for me to continue with my walking routine. It was another five months before I was able to walk any great distance. Now a year later, I am so grateful that I am back to my daily walking schedule and can move about normally again.

I would advise anyone to consider changing just one minor health habit. Continue to practice that change for at least a month and results will start to ensue. Since I read that article and took action, I have noticed that my interactions with my grandchildren have been great. I don’t get as easily tired chasing them around! I have also joined the Wellness Committee at TSCI, which has continually impacted my ability to improve my health. I am always learning more about my eating habits and lifestyle through the [wellNEssoptions](#) website. With this, I can be a role model for healthy living for my fellow co-workers.

The [wellNEssoptions](#) program offered by the State of Nebraska has been an important part of my life. Over the past couple of years, I have taken the initiative to focus on my health and have since seen great results. I have lost excess weight and my triglycerides, cholesterol, blood pressure, and blood sugar levels have improved. I don’t feel the need to make as many trips to the doctors because I have improved my health, which I plan to continue! I encourage everyone to make a small change in their daily habits to lead to being a healthier person.